



1822 Oak Bay Avenue, Victoria, BC  
250 519-1030  
www.greenspiritresources.com

## Feldenkrais Method Awareness Through Movement 2018 Winter Term

### ATM Weekly Class Schedule

with Diane & Arnie Lade

An astounding variety of functional movement patterns that keep your brain and body lively and grounded!

◆ Monday 4:45 - 5:45 pm ◆

January 15- March 26 (no class Feb.12)  
10 Classes \$189.00

◆ Wednesday 7 - 8 pm ◆

January 17- March 28  
11 Classes \$208.00

◆ Friday 11:00am - Noon ◆

January 19- March 30  
11 Classes \$208.00

Students may make up missed classes where space allows, in the same term.

Students may join classes at any time during the term, if space available.

All prices include GST. We specialize in small classes for a personalized educational experience.

Pre-registration is essential as space is limited.

Please reserve space by sending/dropping off a cheque made out to the teacher.

Find audio sample classes and further information on the Feldenkrais Method on our website [www.greenspiritresources.com/feldenkrais](http://www.greenspiritresources.com/feldenkrais) or visit the Feldenkrais Guild of North America website [www.feldenkrais.com](http://www.feldenkrais.com)

**“Through awareness we can learn to move with astonishing lightness and freedom at almost any age and thereby improve our living circumstances, not only physically ... but emotionally and spiritually.”** Dr. Moshe Feldenkrais